

CHILDREN'S PHYSICAL ACTIVITY CHART

Name _____

Month _____

← Start

F
I
N
I
S
H

Fill or color in a segment for each hour of physical activity. Try to get an hour of activity each day so you can keep "pace" with the days of the month. Any active type of play or sport activity counts.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31